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Subject: Physical Education Newsletter: May Edition

Preheader: Celebrate National Physical Fitness & Sports Month!



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Welcome to May's Physical Education newsletter where I challenge you to "MOVE IN MAY" and Celebrate National Physical Fitness & Sports Month!

During the month of May, National Physical Fitness and Sports Month provides opportunity to celebrate and promote physical activity and the benefits of sports participation. Physical activity is the key to maintaining a healthy well-being. Being active can improve fitness, minimize stress, reduce risk for many chronic diseases and ease symptoms of anxiety and depression. Youth sports promotes kids and teens to become active, develop leadership, and time management skills, as well as helping to build relationship skills according to [Health.gov](https://www.health.gov).

Follow the link to find out more about how to celebrate National Physical Fitness and Sports Month. How will you "Move In May"?





ADE Physical Education NEWSLETTER May 2022

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You made it!



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